



Facilities and Engineering/Environmental Health and Safety Newsletter

Safety Office: (843) 953-4816, 953-6945/Radio: Channel 1 #98

Date: July 17, 2017

Safety Counter

17

Days Since Last Recordable

Safety Stats

9	YTD Campus Recordable Injuries
2.0	RIR Rate (Target: 0.00)
15	YTD First Aids & Report Only
1.9	NCAIS Educational Institution Avg.
Days Since Last OSHA Recordable	
66	Zone Maintenance
17	HVAC
728	Grounds
+1,095	Paint Shop
+1,095	Electrical Shop
+1,095	Motor Pool
+1,095	Carpenter Shop
+1,095	Machine/Plumbing Shop
24	All Other Campus Departments



Protecting Workers from Heat Stress

Heat Illness

Exposure to heat can cause illness and death. The most serious heat illness is heat stroke. Other heat illnesses, such as heat exhaustion, heat cramps and heat rash, should also be avoided.

There are precautions that can be taken any time temperatures are high and the job involves physical work.

Risk Factors for Heat Illness

High temperature and humidity, direct sun exposure, no breeze or wind
Heavy physical labor
No recent exposure to hot workplaces
Low liquid intake
Waterproof clothing

Symptoms of Heat Exhaustion

Headache, dizziness, or fainting
Weakness and wet skin
Irritability or confusion
Thirst, nausea, or vomiting

Symptoms of Heat Stroke

May be confused, unable to think clearly, pass out, collapse, or have seizures (fits)
May stop sweating

To Prevent Heat Illness:

Establish a complete heat illness prevention program.

Provide training about the hazards leading to heat stress and how to prevent them.

Provide a lot of cool water to workers close to the work area. At least one pint of water per hour is needed.

Protecting Workers from Heat Stress Cont'd

Modify work schedules and arrange frequent rest periods with water breaks in shaded or air-conditioned areas.

Gradually increase workloads and allow more frequent breaks for workers new to the heat or those that have been away from work to adapt to working in the heat (acclimatization).

Designate a responsible person to monitor conditions and protect workers who are at risk of heat stress.

Consider protective clothing that provides cooling.

How to Protect Workers

Know signs/symptoms of heat illnesses; monitor yourself; use a buddy system.

Block out direct sun and other heat sources.

Drink plenty of fluids. Drink often and BEFORE you are thirsty. Drink water every 15 minutes.

Avoid beverages containing alcohol or caffeine.

Wear lightweight, light colored, loose-fitting clothes.

What to Do When a Worker is Ill from the Heat

Call a supervisor for help. If the supervisor is not available, call 911.

Have someone stay with the worker until help arrives.

Move the worker to a cooler/shaded area.

Remove outer clothing.

Fan and mist the worker with water; apply ice (ice bags or ice towels).

Provide cool drinking water, if able to drink.

IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY and apply ice as soon as possible.

What constitutes an OSHA recordable injury

In order for an injury or illness to be recordable, it must be work-related. An injury is considered work-related if an event or exposure in the workplace caused or contributed or significantly aggravated a pre-existing condition.

Generally, a recordable injury or illness under OSHA is one that requires medical treatment beyond first aid:

- Causes death
- Days away from work
- Days of restricted work activity
- Loss of consciousness
- Sutures
- Prescriptive dose medicine
- Treatment – Physical Therapy

Calculating an OSHA Recordable Injury:

Number of recordable injuries x 200,000
divided by the number of operating hours.

ASK A SAFETY PROFESSIONAL

If you have an EHS question, please contact the safety office – we will publish the question and response (minus individual's names) in a subsequent newsletter.

Plus, anyone can submit an article to be published in the newsletter.

Let us know what you think.

Upcoming articles:

- ✓ EHS Audit schedule
- ✓ Departmental Meetings
- ✓ EHS Articles
- ✓ Meetings
- ✓ Policies and Procedures Links
- ✓ Challenge Coins
- ✓ EHS Spotlights